

2024 Tournament Rules

CANOE RACES

1. GENERAL RULES

- 1.1. Registration can be done in two ways:
Online until July 4, 2024, at www.grpn.ca
On-site Sunday, July 7, from 7 a.m. to 8 a.m. at the Uashassihstsh site (Baie des Boivin)
- 1.2. The participant must have duly completed and electronically signed the "Tournament Registration Form."
- 1.3. Each team, of 2 participants, must have their own personal floatation devices (PFD).
- 1.4. One of the participants must be aged 18 or over.
- 1.5. The organizers reserve the right to refuse any person whose safety is likely to be compromised by their participation in the competition, in terms of either their physical condition, health or for inadequate clothing.
- 1.6. Each team participant must **arrive 30 minutes before the activity start time** at the Uashassihstsh site (Baie des Boivin) to receive instructions.
- 1.7. Each competition will run from 9 a.m. to 3 p.m. on Sunday, July 7, 2024.
- 1.8. Departures will be done according to the provisions set by the person in charge.
- 1.9. The participants' starting line-up is determined by a draw done on-site before the race.
- 1.10. The activity will be presented in the following sequence:
 1. Canoe 1 km mixed, 20 years and under relay;
 2. Canoe 2 km, men, women and mixed;
 3. Canoe 5 km, men, women and mixed;
 4. Canoe speed 150 meter, mixed;
 5. Tug-of-war - recreational canoes;
 6. Hand rowing - recreational canoes.
- 1.11. The winners will be announced and the prizes awarded the same day at 4 p.m. on the main stage at the Uashassihstsh site.
- 1.12. In the event of a dispute or failure to comply with the rules, a disciplinary committee may be set up by the *Direction de Loisir, Sport et Vie Communautaire*. The decisions of this committee are final and cannot be appealed.

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2. SPECIFIC RULES – RELAY

- 2.1. The canoes are provided by the organization.
- 2.2. 2 people aged 20 or less.
- 2.3. Be a beginner. Have never participated in GRPN's competitions.
- 2.4. Distance 1 km.
- 2.5. The winning team will be the one whose canoe's bow crosses the finish line first.

3. SPECIFIC RULES - CANOE 2 KM / 5 KM / SPEED 150 M

- 3.1. The race distance is 2 and 5 kilometers and the speed race is 150 meters, for all categories.
- 3.2. The canoe must be between 16 and 20 feet long, be made of canvas and of the traditional Montagnais type. Each team is allowed to make the following modifications to their own canoe: Footrest and a bar perpendicular to the yoke.
- 3.3. Participants must go around the outside of the buoys located on the Pekuakami (Lac Saint-Jean).
- 3.4. It is prohibited to intentionally come into contact with another participant's canoe or capsize other teams on purpose.
- 3.5. It is prohibited to cut off adversaries on the inside while they're already passing the buoy. You must pass on the outside in this location.
- 3.6. If a team capsizes and wishes to continue the race, they must right their canoe themselves (in the water or on the shore).
- 3.7. The winning team will be the one whose canoe's bow crosses the finish line first.

4. SPECIFIC RULES – TUG-OF-WAR

- 4.1. The canoes are provided by the organization.
- 4.2. Two opposing teams row to pull the opposing canoe past the designated buoy.

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5. SPECIFIC RULES – HAND ROWING

- 5.1. The canoes are provided by the organization.
- 5.2. Participants must row with their hands.
- 5.3. The winning team will be the one whose canoe's bow crosses the finish line first.